Everest: Emotional battle big as mountain

By Benjamin Spillman, Reno Gazette-Journal

The top of Mt. Everest is a bad place for a celebration.

Just ask Cory Richards.

He spent his three minutes on the summit battling to stay warm, coherent and energized for the trip down.

Richards, an elite climber, knew most high altitude mountaineering tragedies happen after reaching the summit.

The fact Richards, of Boulder, Colo., was climbing without supplemental oxygen or his partner, Adrian Ballinger of Olympic Valley, who stopped short of the summit, made his summit push all the more daunting.

Read the whole story

Sage grouse plan touted as workable

By Sandra Chereb, Las Vegas Review-Journal

CARSON CITY – A final plan to conserve and restore sagebrush habit critical to a distinct population of sage grouse found along the Nevada-California line was announced Friday by the Bureau of Land Management.

“This plan strikes a balance among public land uses and users

and offers a workable solution to protect natural and cultural resources as well as the socio-economic fabric of the bi-state region," John Ruhs, Nevada state director for the Bureau of Land Management, said in a statement.

Under the record of decision and amendment to the existing resource management plan for the 280,000-acre area, no changes are made to activity or projects within sage grouse habitat. Instead, any such decisions will be subject to further analysis under National Environmental Policy Act guidelines.

Read the whole story

Editorial: Our responsibility on Memorial Day

Publisher's note: ***This editorial is from the May 2, 2016, Stamford Advocate.***

If children are confused about the meaning of Memorial Day, that's on us.

Collectively, we have not been the best stewards of the most somber of our national holidays. As time sweeps further from its origins in the wake of the Civil War — and its declaration as a federal holiday on May's last Monday during the Vietnam War — it has been reduced to a synonym for the dawn of summer. Even that characterization is wildly wrong, as the season won't begin until June 20.

Even the history of the holiday is muddy. More towns claim to be the birthplace of Memorial Day than the birthplace of baseball. Much of this is apocryphal.

Read the whole story

Firms create foreign-based shell companies in Nev.

By Steve Reilly, USA Today

Mossack Fonseca, the focus of the Panama Papers leak, is far from the only company mass-producing shell companies in secrecy-friendly states like Wyoming, Nevada and Delaware.

A *USA Today* examination of the limited records that are available – some states are making corporate records increasingly invisible – shows that Mossack Fonseca registered less than 2 percent of the Nevada "companies" that are linked to addresses outside the United States. A similar review of Wyoming's more secretive records shows that just 24 of more than 2,000 foreign-based businesses registered since 1990 were created by Mossack Fonseca's Wyoming branch.

The states have become willing partners in the lucrative front-company business that generates millions of dollars in revenue for the government.

Indeed, the review of corporate-registration data shows there are more than 50 firms in Nevada that have registered as many or more different companies than Mossack Fonseca, and many with bundles of businesses tracing back to shared addresses in places from Panama to islands off the European coast.

Read the whole story

Trump tells California ‘there is no drought’

By Jill Colvin and Ellen Knickmeyer, AP

FRESNO — Presumptive Republican presidential nominee Donald Trump told California voters Friday that he can solve their water crisis, declaring, “There is no drought.”

California is, in fact, in midst of a drought. Last year capped the state’s driest four-year period in its history, with record low rainfall and snow.

Speaking at a rally in Fresno, Trump accused state officials of denying water to Central Valley farmers so they can send it out to sea “to protect a certain kind of three-inch fish.”

“We’re going to solve your water problem. You have a water problem that is so insane. It is so ridiculous where they’re taking the water and shoving it out to sea,” Trump said at a rally that drew thousands.

The comments came a day after Trump outlined an energy policy plan that relies heavily on expanding U.S. fossil fuel exploration and reducing environmental regulations.

He held a pair of rallies Friday in Fresno and San Diego as he closed a campaign swing through the west, drawing vocal crowds of protesters, many carrying signs critical of Trump’s plan to wall off the U.S. border with Mexico.

About a thousand Trump foes demonstrated outside San Diego’s convention center as Trump spoke inside to an enthusiastic crowd of supporters packed in tight. Police said they made about a dozen arrests, including one man who climbed a railing

separating protesters from officers. His arrest led protesters to spray water and throw empty plastic bottles at police.
In another tense exchange, police shoved back demonstrators to separate them from Trump supporters when they left the center after the rally.

Officers in riot gear declared the gathering outside the convention center unlawful after shouting matches erupted and people began hurling trash at each other.

Inside, the mood was far less charged, as Trump took repeated jabs at Democratic front-runner Hillary Clinton. He also went on defense against negative media stories and an ongoing lawsuit against his now-defunct Trump University.

“I’m getting railroaded by a legal system,” Trump complained.

In Fresno, Trump said he’d spent 30 minutes before his rally meeting with more than 50 farmers who complained to him about their struggles.

“They don’t understand — nobody understands it,” he said, declaring at one point: “There is no drought. They turn the water out into the ocean.”

Trump appeared to be referring to disputes over water that runs from the Sacramento River to the San Francisco Bay and then to the ocean. Some farmers want more of that flow captured and diverted to them.

Politically influential rural water districts and well-off corporate farmers in and around California’s Central Valley have been pushing back against longstanding federal laws protecting endangered fish and other species, saying federal efforts to make sure endangered native fish have enough water is short-changing farmers of the water they want and need for crops.

Water authorities say they can’t do it because of the water

rights of those upstream of the farmers, and because of the minimum-water allowances needed by endangered species in the bay and by wildlife in general.

The 3-inch Delta smelt is a native California fish on the brink of extinction. The smelt has become an emblem in the state's battles over environmental laws and water distribution.
The farm lobby, a heavyweight player in California's water wars, also is seeking federal and state approval for billions of dollars in new water tunnels, dams and other projects.

Trump promised that, if he's elected, he would put their interests first. "If I win, believe me, we're going to start opening up the water so that you can have your farmers survive," he said.

California is the country's No. 1 agriculture producer. The state's drought is raising the stakes in water disputes among farmers, cities and towns, and environmental interests.

A count by the Associated Press found Thursday that Trump has reached the required number of delegates to officially clinch the Republican nomination.

Associated Press writer Scott Smith contributed to this report.

Haase hires ex-STHS coach for Stanford job

By Fresno Bee

Clovis West High boys basketball coach Tom Orlich, who won

three Central Section championships and more than 300 games in 14 seasons, is retiring from his district job and will join the staff of new Stanford coach Jerod Haase.

Orlich’s retirement as a teacher and coach was announced in a Clovis Unified news release Friday. School administrators and Orlich met with players earlier to share the news and a timeline for hiring a replacement. A parent meeting is planned next week, according to the district.

His new job will be a reunion, having coached Haase at South Lake Tahoe High from 1988-92. Haase was hired away from the University of Alabama at Birmingham on March 25.

Read the whole story

Tahoe farmers markets ripe with action



The farmers market in Tahoe City at Commons Beach is already open. Photo/Provided

By Terra Breeden

Spring is upon us in Lake Tahoe, and with it, farmers markets are springing up all around the basin.

With the growth of the organic food movement, the popularity of farmers markets has exploded. Now, there are markets throughout Lake Tahoe all summer.

“The markets are made up of a lot of really nice people,” Steve Rozier, who runs the Kahle Community Park and Incline Village farmers markets, said. “People are trying new things, seeing things they like, and buying them at a fair price – that’s why farmers markets are so popular.”



South Shore El Dorado County Certified Farmers Market
American Legion parking lot, South Lake Tahoe

Each farmers market has its own vibe. They range from the relaxed,

produce-specific farmers market like the Truckee Community Farmers Market to Ski Run Farmers Market, which is more family-oriented, and street fair like.

Some of the markets have been serving fresh fruits and vegetables to the local community for decades. The Tahoe City Farmers Market and the El Dorado County Certified Farmers Market in South Lake Tahoe are celebrating 21 years in the Lake Tahoe Basin this summer.

"The American Legion farmers market has been going for quite a while and we have quite a following," co-owner Lois Coalwell said," co-owner Lois Coalwell told *Lake Tahoe News.* "We try to do something special for the community and our mission is to sustain small family farms in El Dorado County."

At the Tahoe City Farmers Market at Commons Beach, owner Bryan Kaminsky displays certified organic produce from his farm in Placer County such as tomatoes, squash, and free-range chicken eggs. Kaminsky began the Tahoe City Farmers Market in 1995.

Tuesdays, 8am-1pm
June 7-Oct. 11

Friday Evening Farmers Market at Kahle Community Center
236 Kingsbury Grade, Stateline
Fridays, 4-7pm
June 3-Sept. 30

Ski Run Farmers Market
1132 Ski Run Blvd, South Lake Tahoe
Fridays, 3-8pm
June 3-Sept. 9

North Shore-Truckee

Incline Village Farmers Market
995 Tahoe Blvd, Incline Village (Lake Tahoe School parking lot)
Thursdays, 4-7pm
June 2-Aug. 31

Tahoe City Farmers Market
280 N. Lake Blvd, Tahoe City (Commons Beach)
Thursdays, 8am-1pm
May 19-Oct. 13

Truckee Community Farmers Market
12047 Donner Pass Road, Truckee (in the Sears and Coffeebar Bakery center)
Sundays, 10am-2pm
June 5-Sept. 25

"I wanted to create a place where people could eat good food, enjoy Lake Tahoe, and be with their family. The market is in

the most beautiful location, it's right on the lake and the booths are 100 feet from the water," Kaminsky said.

A few farmers markets are new to the area. The Truckee Community Farmers Market is starting its second season and is already flourishing.

"Last year was a huge success and we'd love to see more people come out this year. We're featuring some new vendors like the Kombucha Company, the Lobo Baking Company with artisan pastries and bread, and the Therapeutic Chef with homemade organic broths," owner Jessie Phillips said.



Ski Run Boulevard's market opens June 3 in South Lake Tahoe. Photo/Provided

The Ski Run Farmers Market in South Lake Tahoe, now entering its seventh year, is known for its festival atmosphere. This family-oriented market features live music, kids' karaoke, a bounce house, and face-painting as well as organic produce and

craft vendors.

“We’ve been growing every year. We started with five vendors and this year we have 30,” owner Michaela Dickson told *Lake Tahoe News.* “We want to be more of a community gathering. People can listen to music and show their art. People aren’t just shopping, they are hanging out.”

Recently, Dickson considered moving the Ski Run Farmers Market to a new location because the event was blocking firetruck access from Ski Run Boulevard. However, instead of relocating, a fire lane will be opened alongside the market on Ski Run Boulevard to accommodate firetrucks.

“It’s made the market a little smaller, but we are hoping to expand another block,” Dickson said.



A variety of fruits and vegetables are available at all of the markets. Photo/Provided

This year, the Incline Village Farmers Market has moved to the Lake Tahoe School parking lot, but will still be featuring all of the garden-fresh produce it’s known for.

“The Incline Village Farmers Market is geared toward promoting a healthy lifestyle for local people,” owner Rozier told *Lake Tahoe News*. “It’s a one-stop shop where you can grab organic fruits, veggies and meat.”

According to Rozier, last year was challenging for local farmers because of the lack of water. There were many fruits and vegetables that weren't available at the markets. Strawberries, blueberries and raspberries growers were especially impacted by the drought because berries require a lot of water.

"When you farm in Nevada or California, you never know what the weather will be like" Rozier said. "Farmers have had to reinvent themselves and find drought resistant produce. Now they are using new farming practices such as drip lines, covering soil to keep moisture in the ground and finding ways to save water."

However, this year's wet winter has been good for local and regional farmers, and the selection of organic fruits and vegetables now available at local farmers markets is vast.

Survey: Pot legalization, tax hikes backed in Calif.

By Christopher Cadelago, Sacramento Bee

With recreational marijuana headed for the fall ballot, a new poll finds that 60 percent of likely voters support the concept of legitimizing the drug in California.

The Public Policy Institute of California, in a poll out Wednesday, looked at the general popularity of other issues expected on the Nov. 8 ballot.

A majority of likely voters, 67 percent, back boosting the tax on tobacco purchases to fund healthcare programs. Separately,

58 percent support extending income taxes on annual earnings exceeding $250,000 for a dozen years to pay for schools and healthcare.

Read the whole story

Swobe, ex-Nevada state senator, dead at 87



Coe Swobe

By Marcella Corona, Reno Gazette-Journal

Former Nevada state Sen. Coe Swobe had two passions: nature and helping people.

He died Thursday morning of liver failure at the age of 87, but left behind two life-long legacies.

In 1969, Swobe brokered the first agreement between then Nevada Gov. Paul Laxalt and California Gov. Ronald Reagan and two state legislatures to help preserve Lake Tahoe.

The agreement would later establish the Tahoe Regional Planning Agency, the governing body that oversees regulation

for the Tahoe Basin.

He also helped expand the Lake Tahoe park system, which includes Sand Harbor, through other legislative acts.

Read the whole story

Breaking down the basics of mental health

Publisher's note: ***This is one of several stories about mental health issues in the Lake Tahoe Basin that will be running through October.***

By Lake Tahoe News

Mental illness is a growing problem throughout the country, and Lake Tahoe is not immune to this trend.

Barton Health is taking an active role in bringing help to people in this area by hiring more specialists, adding services, and being a leader in getting people to be more aware about what mental illness is and what can be done to help people.



Kim Kilgore, a licensed clinical social worker at Barton Community Health Center and Barton Family Medicine, provides counseling services for adults experiencing mild to moderate mental health issues. Here she provides insight about mental illness and health issues in the greater Lake Tahoe community.

Why should people care about mental health?

Kim Kilgore: We all know and love people who are affected by a mental illness. The stats show us that mental health conditions shape the society we live in and affects us all.

For example, according to Barton's Community Health Needs Assessment, 10.3 percent of the population reported fair or poor mental health and 31.4 percent showed symptoms of depression.

From a national perspective, the National Alliance of Mental Illness (NAMI) shares these facts:

· 43.8 million Americans experience a mental illness each year

· 26 percent of homeless adults are living with a severe mental illness

· 24 percent of state prisoners have a "recent history of a mental health condition"

· Depression is the leading cause of disability worldwide

· Serious mental illness costs the U.S. $193 billion in lost revenue each year

· Suicide is the 10th leading cause of death in the United States, 90 percent who commit suicide have an underlying mental illness

· Nearly 60 percent of adults with a mental illness did not receive mental health services in the previous year and 50 percent of youth (ages 8-15) did not receive treatment.

Define mental illness.

Kilgore: The National Alliance for Mental Illness defines mental illness as a "condition that impacts a person's

thinking, feeling, or mood and may affect his or her ability to relate to others and function on a daily basis.”

How common is it to have a mental health issue?

Kilgore: Approximately one in five people have a mental illness, according to NAMI. The Substance Abuse and Mental Health Service Administration (SAMHSA) state that 18 percent of adults have a mental illness. Anxiety disorders are the most common mental illness in the United States.

What did this area’s Community Health Needs Assessment (CHNA) reveal about mental health on the South Shore?

Kilgore: According to the CHNA, the suicide rate in El Dorado County is higher than the California average and neighboring Douglas County. Two-thirds of participants surveyed believe mental illness is a major problem in our area, which has led to more community actions and cooperative efforts to address mental health.

How is mental illness hereditary?

Kilgore: Many mental illnesses have been linked to genetic components. For example, adults with relatives that have bipolar disorder are 10 times more likely to develop bipolar disorder. According to current research, bipolar disorder has the greatest genetic link of all mental illnesses. SAMHSA also breaks down other mental illness and the genetic component on their **website**.

Is there a way to prevent mental illness?

Kilgore: Mental illness can be caused by a variety of different events including genetics, environment, lifestyle choices, substance abuse, and traumatic incidents. One of these events, or combination of events, can create conditions which may lead a person to develop or be more susceptible to developing a mental illness.

Evidenced-based prevention strategies include:

· Destigmatizing mental illness.

· Education about common signs and symptoms of mental illness.

· Identifying signs/symptoms and providing early intervention when a person develops a mental illness.

· Abstinence or reducing use of drugs and alcohol.

· Increasing an individual's protective factors (which include: social support, self-esteem and self-control). Access to mental health and substance abuse treatment.

When should someone seek help? And where?

Kilgore: If signs and symptoms of mental illness are lasting for weeks to a month at a time and are impacting everyday life and relationships, it is time to get help. Mental illness is treatable. A person should talk to his or her healthcare provider about the symptoms or request a referral for mental health counseling. You can also contact the health insurance company and request a list of mental health providers in your area.

If a person needs immediate assistance and having thoughts of self-harm or harming others, 24-hour help is available by calling 800.272.8255. The person can also call 911 and request a "welfare check."

What can a relative or friend do to support a loved one who may be suffering from a mental health issue?

Kilgore: Some ways a relative or friend can show support for a loved one suffering from a mental health issue are:

· Help a loved one find resources for help where he or she lives.

· Learn more about mental illness.

· Listen empathetically and with compassion

· Contact your local NAMI chapter or get tips from **NAMI online**.